

Full Report (All Nutrients) 45051234, CHOCOLATE GRAHAM, UPC: 041497556151

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	31.0 g 31g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	130	419
Protein	g	--	--	2.00	6.45
Total lipid (fat)	g	--	--	2.50	8.06
Carbohydrate, by difference	g	--	--	24.00	77.42
Fiber, total dietary	g	--	--	1.0	3.2
Sugars, total	g	--	--	7.00	22.58
Minerals					
Sodium, Na	mg	--	--	135	435
Vitamins					
Lipids					
Fatty acids, total saturated	g	--	--	0.499	1.610
Fatty acids, total monounsaturated	g	--	--	0.499	1.610
Fatty acids, total polyunsaturated	g	--	--	1.001	3.230
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

INGREDIENTS: ENRICHED FLOUR** (WHEAT FLOUR, NIACIN, REDUCED IRON, THAMIN MONONITRATE {VITAMIN B1}, FOLIC ACID), SUGAR, CORN SYRUP, WHOLE WHEAT FLOUR**, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: PALM, CANOLA, SOYBEAN), CHOCOLATE, COCOA (PROCESSED WITH ALKALI), CONTAINS TWO PERCENT OR LESS OF: LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), HONEY, SALT, NATURAL AND ARTIFICIAL FLAVORS. *Date Last Updated by Company: 07/25/2014*